# **DEMENTIA AND SLEEP**

**Deborah Bier, PhD** 

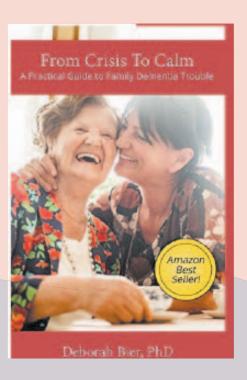


Deborah Bier, PhD has successfully trained thousands of family and professional caregivers in Dementia Care Best Practices. Her credentials are unique in that she experienced years of cognitive impairment herself following a brain injury in an auto accident. She has been a psychotherapist and home care agency director of care for over 25 years. Dr. Bier is

considered a gifted health educator, able to synthesize complex health topics into easy-to-understand language and down-to-earth actions. She holds a PhD in therapeutic counseling, a certificate in gerontology, and is a certified Dementia Care Partner.

March 20, 2019 10 AM–12 PM Bell Memorial Union Room 210 Chico, CA

For more information or to register please call 530-898-5925





# CAREGIVER Support WW Resources

**Chico** 530.898.5925

Redding

530.221.1900

# **COUNTIES SERVED:**

Butte | Colusa | Glenn Lassen | Modoc | Plumas Shasta | Siskiyou Tehama | Trinity

Caregiving can be a challenging job.

## YOU ARE A FAMILY CAREGIVER IF:

You are a Daughter, Son, Spouse, or other Relative who assists a loved one with any of the following —

Personal Care | Finances | Driving Shopping | Medications Meal Preparation

PASSAGES Caregiver Resource Center is dedicated to serving families and individuals who provide care for brain impaired adults and frail elderly.

PASSAGES Caregiver Resource Center can assist you with:

- Information
- Education
- Support Groups
- Workshops
- Family Consultations

### www.PassagesCenter.org

Passages Caregiver Resource Center is funded by the California Department of Healthcare Services, the Area Agency on Aging (PSA2, PSA3), and the California Department of Aging.